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Honey, how and when to use it.



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Honey

How and When
to Use It

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The American Honey Producers League

How to Use This Recipe Book

THIS booklet was prepared under the direction of the Advertising Committee of The American Honey Producers League, a national, non-profit organization of American Honey Producers.

It does not feature any particular brand of honey. Its only purpose is to increase the use of honey in general by showing the housewife how she can use this most wholesome of all sweets to make her meals and lunches more delightful to both family and guests.

The recipes are divided into seven major divisions, and are arranged in the following order: Breads, Cakes, Icings, Cookies, Desserts, Preserves, and Candies. On pages 17 to 21 you will find suggestions on serving, using and keeping honey, as well as directions for substituting honey for sugar in flour mixtures.

The recipes given in this book were prepared by Mary D. Chambers, Assistant Editor of *American Cookery*. Every recipe has been carefully tested, and if directions are followed, highly satisfactory results are certain.

We will be glad to send additional copies of this booklet to your friends. Simply write their names and addresses on a postcard and mail it to

THE AMERICAN HONEY PRODUCERS LEAGUE

Office of the Secretary

SAN ANTONIO, TEXAS

Honey

*The food with the flavor of the
Flowers' Fragrance!*

HONEY is one of the oldest of the world's foods. Back as far as the records of human activity will take us, up until a few hundred years ago, we find that the people depended almost entirely upon honey as the only accepted "sweet."

In the sixteenth century, cane sugar came into popular use. Because of the scarcity of honey and its consequent high price, cane sugar quickly supplanted honey in the average home, although it was not to be compared with honey in either taste or healthfulness, and honey continued to be used by the aristocracy and such other wealthy families as could afford it.

Today, honey producing, like every other industry, has been modernized through the use of improved methods and equipment, and the annual production of honey has been so materially increased that it can now be bought at a price slightly higher than sugar. Housewives, aware of the many advantages of honey, have been gradually using it for more and more purposes, until today honey has once again become a staple in the cupboards of thousands of housewives throughout the land.

Honey is the pure, sweet nectar of flowers, gathered by the bees, and stored in hives, where a chemical change and the evaporation of excess water transform it into a clear, flavory honey.

To produce a pound of honey, thousands of trips to and from the hive are required of the bee. When you realize that a colony of bees must produce a great many pounds of honey for their own maintenance during the winter months, and that only that which is produced in addition can be gathered by the beekeeper, you will understand how incessantly these industrious workers must labor to make it possible for you to enjoy this most delicate of all nature's gifts.

It is not generally known that there are many different varieties of honey—depending upon the flowers from which the honey was gathered. If the honey was produced in a section where clover or alfalfa abounds, the honey will be light in color and mild in flavor. Goldenrod and aster, on the other hand, will result in a honey that is darker, and distinctly stronger in flavor. Just as each flower has its own distinctive perfume, so the nectar from these flowers produces different honey, each with its own peculiar appearance and taste.

Most honey sold today is a mixture of several different honeys—just as different teas are mixed into one blend. This standardizes the quality and flavor, so that a brand of honey may be relied upon for uniformity, and if the housekeeper likes the first jar, he may be sure the next will be almost identically the same.

Honey is not only superior to cane sugar because of its delicious flavor, but it is much more healthful. The body requires a certain amount of sweets. Sugar, however, must first be transformed by the body before it can be utilized. This is done at the expense of the digestive organs, and frequently results in sickness.

Honey not only is not harmful to the system, but is actually beneficial. It supplies the body with the needed sweets in a concentrated form that can be

assimilated without change. Furthermore, it does not cause teeth to decay, which always results when foods rich in sugar are eaten.

Children especially should be given as much honey as they will eat. It will greatly help their growing bodies, and will do much to eliminate their desire for candies and other sweets.

You can buy honey in convenient sized jars and tins, or in the comb, at your grocery or delicatessen. If your dealer cannot supply you, write to the Secretary of American Honey Producers League, San Antonio, Texas.

Recipes for the use of Honey

NOTE—All measurements are level

BREADS

Honey Bran Bread Mix together three cupfuls of graham flour and one cupful of bran, and sift on to these, two cupfuls of white flour to which one and one-half teaspoonfuls of salt have been added. Stir together until mixed. Add two cupfuls of milk, or a mixture of milk and water, into which one-half yeast cake, blended in a little water, has been added, and stir the whole well together. Add one-half cupful of honey, mixed with one-fourth cupful of melted butter or other shortening, and one-eighth teaspoonful of baking soda dissolved in a teaspoonful of water and added to the honey.

Cover, and let rise until doubled in bulk. Knead down, adding barely enough white flour to keep from sticking to board, place in pans, let rise again to double in bulk, and bake for an hour in a moderate oven. This quantity will make two loaves.

Honey Rye Bread Sift six cupfuls of rye flour with two teaspoonfuls of salt and six teaspoonfuls of the mixed spices described on page 17. Stir one-half teaspoonful of baking soda dissolved in water into a pint of honey, add to this one beaten egg and one-half yeast cake blended in a little water. Work the whole well together, and spread to the depth of an inch in shallow pans. Cover, and let rise until double in bulk, and bake. The oven should be rather hot, and care should be taken that the mixture does not burn. This makes a delicious bread, and one that keeps well. Any desired mixture of spices may be substituted for those given.

Steamed Honey Brown Bread Mix one cupful each of graham flour, yellow corn meal, and rye meal, with one teaspoonful of salt. Mix one cup of honey with two cups of nicely clabbered sour milk, and stir into the mixture one and one-half teaspoonfuls of baking soda dissolved in one tablespoonful of hot water. While foaming add this to the dry ingredients, and beat thoroughly together. Fill two brown bread molds two-thirds full, let stand for fifteen minutes, and steam for three hours. Raisins may be added to the batter if desired; a cupful of raisins to the quantities given makes a rich and delicious brown bread.

Honey Waffles Sift two and one-half cups of white flour with one teaspoonful of salt. Beat two eggs, add one and one-half cups of milk mixed with one-half cupful of honey, blend one compressed yeast cake with two tablespoonfuls of water and one-eighth teaspoonful of baking soda, and stir into the milk and honey mixture. To this add the flour, and beat until the batter is smooth. Set to rise, covered, in a warm place for an hour, or until the mixture is light and porous, stir a little, and cook in hot, well-greased waffle irons. If desired to make these overnight only one-fourth yeast cake will be needed.

Four (level) teaspoonfuls of baking powder and two well-beaten eggs can be substituted for the yeast, in which case the waffles may be cooked as soon as mixed.

French Honey Muffins Sift together two cups of flour with two teaspoonfuls of baking powder and one-half teaspoonful of salt. Rub into this with the fingers one-fourth cup of butter. Mix together one-half cupful of thin cream or milk with one beaten egg and one-fourth cupful of honey, add the dry ingredients, beat until smooth, and bake in gem pans.

CAKES

Honey Loaf Cake Sift together two and one-half cups of flour with two teaspoonfuls of the mixed spice made as directed on page 7, or if preferred the following may be used: One teaspoonful of cinnamon, one-half teaspoonful each of ground ginger and cloves, a dash of white pepper, and one-half teaspoonful of salt. Stir in one-half cupful of fine granulated sugar, and add these dry ingredients to the following wetting: Beat one egg very light, dissolve one-fourth teaspoonful of soda in one tablespoonful of hot water, stir this into three-fourths cupful of honey, and mix with the beaten egg. When the batter is smooth add one-half cupful each of chopped seeded raisins and pecan nut meats. Grease and then flour a tube cake pan, or two loaf pans, and fill to the depth of one and one-half inches with the batter. Bake in a moderate oven until done. This cake will be very hard when cool, and will not be good to use for from one to two months. It will then be delicious, and will keep indefinitely.

Honey Nut Cake Mix two cups of brown sugar with two cups of honey to which one-half teaspoonful of soda dissolved in a very little water has been added. Add to these the well-beaten yolks of four eggs. Sift three cups of flour with one teaspoonful of salt, three teaspoonfuls of baking powder, three teaspoonfuls of cinnamon, and one-half teaspoonful each of ground allspice, cloves, and nutmeg. Combine the dry ingredients with the wet, add one-half pound of chopped almonds, walnuts, or pecans, one cupful of chopped and floured raisins, and one-half ounce each of candied citron and orange peel. Lastly add the stiffly beaten whites of the eggs. Pour the batter into shallow tins, previously greased and floured, or lined with greased paper. The

batter should not be to a greater depth than one inch in the pans. Bake until firm in center. This cake keeps six months.

Honey Wedding Cake Sift one pound of flour with two teaspoonfuls each of baking soda, ground ginger, cinnamon, and grated nutmeg, and one teaspoonful of ground cloves. With one-half of this dry mixture, thoroughly mix three pounds of seeded raisins, one and one-half pounds of cleaned currants, and one pound each of candied citron, candied apricots or peaches, and candied pineapple or green gages, all shaved extremely thin. Two ounces each of candied orange and lemon peel, put through the food chopper, should be mixed with the above. Melt one cupful of butter, allow to get hot but not to boil, and add three and one-half cupfuls of honey. Stir into this mixture two teaspoonfuls of baking soda, cool, and add the well-beaten yolks of six eggs, then the half of the flour reserved from adding to the fruit alternately with one-half cupful of the syrup from an fruit preserve, or one-half cupful of melted sour grape jelly, or the same amount of grape juice. Next add the well beaten whites of the eggs, and the flour to the fruit. This cake mixture is very rich, so if desired from one to three more cups of flour may be added and a good brand of bread flour is the best to use. Pour into a shallow pan, lined with buttered paper and carefully covered with buttered paper tied over the top, and steam for five hours, then remove the top paper and bake in a slow oven for one hour.

HONEY ICINGS

Plain Honey Icing Boil together one cup of granulated sugar with one cup of water until the sugar is dissolved, then add one-fourth cupful of honey and cook, without stirring, until the mixture

registers 248 degrees Fahrenheit, or until a spoonful of the syrup dropped into cold water will form a soft ball. Pour over the stiffly beaten white of one egg, beating constantly until the icing will hold its shape. This icing can be made a month in advance, and will keep soft, and after spreading over the cake will retain its softness for six months or more, hence is good to use on the Honey Nut Cake, the Honey Chocolate Cake, or the Honey Wedding Cake.

If desired to be used immediately, the syrup should be cooked for a longer time, almost to the hard ball stage.

Note: Be careful in cooking a honey syrup, it is apt to boil over.

Honey Orange and Lemon Icings Proceed as for Plain Honey Icing and while beating into the beaten egg white add, for Orange Icing, the grated yellow rind of one large orange. For Lemon Icing add the grated yellow rind of one-half of one lemon.

COOKIES

Hard Walnut Cookies Add to two-thirds cupful of honey one-fourth teaspoonful of baking soda, dissolved in one teaspoonful of hot water. Stir until the foam subsides somewhat, then add two-thirds cupful of granulated sugar. Sift two and one-half cups of flour with two teaspoonfuls of cinnamon and one teaspoonful each of ground cloves and spice. Mix with the honey and sugar, add one cupful of chopped nuts and two ounces of finely pared and chopped citron. Put mixture in covered bowl and stand in refrigerator, or other cold place, for twenty-four hours to prevent sticking to molding board. Roll thin, cut with a biscuit cutter, and bake on a greased and floured baking sheet.

DESSERTS

Honey Charlotte

Whip one quart of thick cream with one teaspoonful of powdered cinnamon, and gradually whip into this one-half cup of honey, previously chilled in the refrigerator. Use the mixture to pile into paper charlotte cases, lined with sponge cake or split lady fingers, and garnish each with a fresh strawberry, a candied cherry, or a few bits of angelica or any other candied fruit.

Honey Soft Custard

Mix one-third cupful of honey with two beaten eggs, add to a pint of milk in which one-fourth teaspoonful of salt has been dissolved, and which has been scalded. Cook the mixture in a double boiler with careful stirring until it creams the spoon, then serve in glass custard cups.

Sliced oranges may be mixed with the soft custard or chopped pears or peaches, or ground and sifted macaroons may be stirred into it.

Honey Bread Pudding

Mix one-half cupful of honey with one cupful of stale bread-crumbs, rolled and sifted. Add one-half cupful of milk, the grated yellow rind of one-half lemon, one-half teaspoonful of grated nutmeg, two beaten egg yolks, two tablespoonfuls of melted butter, one-half cupful of Sultan raisins, and lastly beat in the stiffly beaten egg whites. Pour into a baking dish, cover, and steam for from one and one-half to two hours.

Honey Strawberry Foam

Sift one cupful of fresh strawberries with one-half cupful of honey into a deep bowl, drop over this the unbeaten white of one egg, and beat the whole together with a large Dover beater until the mixture is stiff enough to hold its shape. Serve in sherbet glasses with small cakes.

Note: This mixture has to be beaten with the bowl standing in the sink, for it spatters a good deal at first.

Honey Mousse, Frozen Beat four eggs, and add to a saucepan containing one cup of honey, heated slightly over the fire. Cook, with constant stirring, until the mixture is as thick as thick cream. Cool, and beat into it one pint of whipped cream. Put into a covered mold, seal the joints with fat, and pack in equal parts of ice and salt for four hours.

Honey Pineapple Gelatine Hydrate one-half box of granulated gelatine in one-fourth cup of water, and dissolve by adding three cups of grated fresh pineapple, heated to boiling point. It is important that the pineapple, if fresh, has been cooked sufficiently to destroy the ferment in fresh pineapple which prevents the solidification of gelatine jelly. Add three-fourths cup of honey, mix well, mold and chill.

PRESERVES

Red Currants, la Bar-le-Duc Select large, ripe red currants, and with a pair of very small, sharp scissors, cut in the side of each a slit only barely large enough to extract the seeds by means of a needle. Weigh the currants, and allow an equal weight of honey. (One cup of honey weighs about 12 ounces.) Bring the honey to boiling point in a deep porcelain saucepan and add the currants laid on a piece of netting or thin, coarse cheesecloth, placed in the bottom of a wire strainer which fits the saucepan in such a manner that the currants are immersed in the honey. Let boil for three or four minutes, not too plentifully, or the fruit will lose its shape. Then remove the strainer, and cook down the honey, which will have been thinned out by the currant juice, until it has become thick. Add the currants again, and cook carefully for ten minutes. Pour into small, sterile glasses and cover while hot.

If desired to save time the seeds need not be removed from the currants, but the true Bar-le-Duc is seen

Honey and Cranberry or Plum Preserve Prick the skins of one pound of cranberries or ripe plums, in a porcelain saucepan, and pour over them one one-fourth cups of honey. Let stand overnight that the honey may penetrate the fruit pulp. In morning add two cups of water, and cook the while it is soft and transparent. Lift out the with a skimmer, and cook down the syrup there is only enough to cover the berries or plums when added to it. Cook for five minutes adding them, then pour into sterile jelly glasses cover with paraffin.

Honey Apple Marmalade Core four pounds of (An Accompaniment to Meats) apples, and divide into eight without paring. Cook in a covered kettle in a cupful of cider vinegar until apple skins are tender stirring once in a while to secure exposure of the vinegar. Add two cups of honey and one spoonful of ground cinnamon, and let the whole until the consistency of marmalade. Care must be taken to avoid burning. Store in sterile jars.

Green Apple Honey Jelly Cut up sour apples, without paring or coring, and cook in a little water until pulpy. Strain the juice through jelly bags, measure, and boil for twenty minutes. Add one-half the volume of honey, estimating the measurement of the juice before boiling. Continue to cook until the jellying stage is reached, and add at once into glasses. This jelly is delicious if a few bits of stick cinnamon are cooked in the apple before the honey is added, and then strained out.

CANDIES

Honey Almond Nougat Cook three-fourths of a cup of honey and one cup of sugar to 250 degrees Fahrenheit, or until a little when poured into cold water will form a firm ball. Add to the saucepan the stiffly beaten whites of two eggs, and cook very slowly, stirring constantly, until the mixture will break with a brittle snap when a little is tested after being poured into cold water. Add at once a pound of blanched almonds, pour on a marble slab or large flat platter, and cool under a weight placed on oiled paper covering the nougat.

Honey Vanilla Fudge Boil together two cups of sugar and one-third cup each of honey and water to 250 degrees Fahrenheit, or until a firm ball is formed when a little is dropped into cold water. Pour, while beating, over the stiffly beaten whites of two eggs, and continue beating until the mixture has cooled a little. Add one teaspoonful of extract of vanilla, and beat until the fudge will hold its shape when dropped by spoonfuls on paraffin paper.

Honey Nut Rock Mix one-fourth cup of honey with one-half cup of rich milk or thin cream, add to two cups of granulated sugar in a saucepan, cook until sugar is dissolved, add two tablespoonfuls of butter, and continue cooking without stirring until a firm ball is formed when a little of the mixture is dropped into cold water. Remove from fire, add one cupful of chopped nuts, and beat until so thick that it will barely pour on to a slab or platter. Should be rough on top. Divide into squares with hot knife before it is quite hard.

Honey Fruit Punch Cook one quart each of raspberries
or Cup and red currants in a quart
water for ten minutes. Strain, press out the juice
allow to cool, add one and one-half cups of honey
one cup of orange juice, and the juice of one lemon.
Serve in slender glasses one-third filled with shaved
ice, with a spoonful of whipped cream, topped with
a fresh berry, on top.

General Directions for the use of Honey

I

Honey may be added to a dough or batter in any of the following ways:

It may be stirred into the dry flour.

It may be beaten into the creamed butter alternately with the flour.

It may be dissolved in the milk or other liquid used for wetting.

It may be added to the beaten yolks of the eggs, and the two beaten together. (The beaten whites should then be added the last thing to the batter.)

It may be mixed with the melted butter, and the two stirred into the cake just before putting in the baking pan.

II

Since honey, like molasses, contains an acid, a little baking soda should always be used to counteract this, if the best results are desired. One-fourth teaspoonful of baking soda to each cup of honey is a good general proportion. The soda should be dissolved in a very little warm water, and stirred into the honey until it foams. Soda is used merely to counteract the acid, and not to serve as a leaven, therefore the usual proportion of baking powder or other leavening material should be used.

The best flavors to be used with honey seem to be the dry, ground spices. Of these, the following mixture has been found particularly good: One ounce of ground ginger, one-half ounce each of grated nutmeg and ground cloves, two ounces of cinnamon, and one-fourth ounce each of salt and white pepper. Use a teaspoonful or more of this mixture to each cup of flour. Honey needs a little extra salt, so the usual amount of salt called for in the recipe may be measured independently of the salt in the spice mixture.

Many of the old-time recipes for honey cakes call for ground cardamom seeds, also for aniseed, and these flavors have an old-fashioned and old-timy quaintness, taking one back to the age of the lavender bowl and the potpourri jar. Caraway seeds are delicious with honey, to all who love the taste of those seeds, and when used no other spices should be employed.

How to substitute honey for sugar in a flour mixture

One cupful of honey is equal in sweetening quality to near one and one-fourth cups of sugar, hence when substituting honey for sugar in any recipe only one-fourth or one-fifth as much honey as sugar should be measured.

One cupful of honey contains about three tablespoonfuls of water, therefore when honey is substituted for cane sugar in a recipe, three tablespoonfuls of milk, water, or other wetting should be deducted for every cup of honey used, or extra flour should be added, to make the batter the right consistency.

In mixing doughs, either for cookies or cake, less flour will be needed when honey is used for sweetening, if the dough, after mixing just a little too soft to knead, is placed in a covered bowl and allowed to stand in the refrigerator, or any cold place, twenty-four hours or longer. The less flour used in cake and cookie making the tenderer and more delicate are the products.

If spices are not called for in the original recipe, about one-eighth of a teaspoonful of salt and the same quantity of pepper should be used for every cup of honey. Also, one-fourth teaspoonful of baking soda, used according to directions already given on page 17.

By following these directions any favorite cake recipe may be made into one for a Honey Cake.

Suggestions on serving, using and keeping honey

Serve honey as a spread for bread. It is a delightful change from the usual jellies and jams—one that your family and guests will appreciate.

Honey is as closely related to biscuits and hot rolls as ham is to eggs. No matter how delicious your hot breads, they will taste better if served with honey.

For an afternoon tea or card party, honey served with light cakes or wafers makes an ideal refreshment.

Many people like to eat a bite before retiring at night. Honey on toast or crackers is an ideal bedtime snack. It is light, delicious, and satisfying.

Order honey when eating in restaurants and hotels. Many people eat it with corn bread as a dessert.

Next time you are cozily reading, try a bit of comb honey instead of candy. You will find it more tempting than the best chocolates—and not harmful to stomach and teeth.

To really know how good waffles and griddle cakes can be, eat them with honey. Honey is not much more expensive than molasses or maple syrup, but oh, so much more delicately flavored.

Honey will make rich and delicious cakes without the use of butter or other shortenings.

Cakes, cookies, and other baked foods made with honey, will stay fresh and moist for months, and will actually improve in flavor the longer they are kept. The Honey Nut Cake, (see recipe on page 9), will keep for six months, and the last slice will taste better than the first, while the Honey Loaf Cake (page 9), has been kept in perfect condition for over a year.

In baking with honey, keep the oven at a moderate temperature. Too much heat will kill the honey flavor.

Honey, if used instead of the small amount in bread-making, will hasten the rising of the bread or dough. Honey is a well-known member of the class of substances known as "yeast-aids."

Honey is excellent in preserving and jelly-making. Fruit put up in a honey syrup keeps well, and preserves, and jellies are all improved by the addition of honey flavor. The recipes for preserves and jellies on pages 13 and 14 can be used, with slight alterations for all kinds of fruits.

Sweeten your iced tea, coffee, lemonade, and punches with honey. It will give them a mellowness of flavor impossible to produce in any other way.

Contrary to general belief, honey should not be stored in the cellar or refrigerator, but rather in a warm, dry place. The top shelf of a dry cupboard, or the corner of the garret, are ideal storing places for honey.

Honey, because of exposure to cold or high temperature, will sometimes granulate. This is a proof of pure honey—as only pure honey will granulate. To change it back to syrup, insert honey container in warm, (not hot), water. Be careful not to place the honey too near the bottom of the kettle, as the heat from the flames underneath will injure the honey flavor. A block of wood placed in the water at the bottom of the kettle on which the honey container rests is the easiest way to avoid this.

Granulated honey can be used to make the most delicious layer-cake filling you've ever tasted. Use one part granulated honey to two parts strawberries, (or any other fruit), and crush in

read it on the cake or serve between shortcake, the same as you would any other filling.

Keep honey in the house at all times, the same as you do eggs, milk, butter, and other staple foods. Buy it in the larger sizes—it's cheaper.

Honey does not spoil—it's a preservative.

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Syracuse, N. Y.
PAT. JAN. 21, 1908

